

2007 SCHEDULE OF CLASSES

Class Site	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Bayside Community Center 2202 Comstock San Diego, CA 92111 (858) 278-0771		9:00 - 10:30 AM		9:00 - 10:30 AM	
Casa Familiar Civic and Recreation Center 212 W. Park Avenue San Ysidro, CA 92173 (619) 428-5199	9:30-10:30 AM		9:30-10:30 AM		
College Avenue Senior Center A program of Jewish Family Service 4855 College Avenue San Diego, CA 92115 (SDSU site) (619) 583-3300	10:00-11:15 AM		10:00-11:15 AM		10:00-11:15 AM
George L. Stevens Senior Center 570 South 65 th Street San Diego, CA 92114 (619) 266-2066	11:30-12:30PM		11:30-12:30PM		
Joselyn Senior Center Escondido 210 Park Avenue Escondido, CA 92025 (760) 839-4688	9:00-10:00 AM 10:00-11:00 AM		9:00-10:00 AM 10:00-11:00 AM		
Lemon Grove Senior Center 8235 Mt. Vernon St. Lemon Grove, CA 91945			9:00 - 10:00 AM 10:15-11:15 AM		



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(619) 337-1425					
Livewell San Diego (formerly Clairemont Friendship Center) 4425 Bannock Ave. San Diego, CA 92117 (858) 483-5100	10:15-11:15AM		Feeling Fit Plus *7:00-8:45 AM 10:15-11:15AM		Feeling Fit Plus *7:00-8:45 AM 10:15-11:15AM
National City Senior Nutrition Ctr 1415 D Ave. National City, CA 91950 (619) 336-6751		10:00-10:45 AM		10:00-10:45 AM	
Neighborhood Senior Center 795 South Boundary St. San Diego, CA 92113 (619) 263-2108		11:00AM-12:00PM		11:00AM-12:00PM	
North County Inland Senior Center A program of Jewish Family Service 15905 Pomerado Rd. Poway, CA 92064 (619) 263-2108	10:00 - 11:00 AM		10:00 - 11:00 AM		
Ocean Beach Recreation Center 4726 Santa Monica San Diego, CA 92106 (619) 531-1527		10:15 - 11:00 AM		10:15- 11:00 AM	


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Oceanside Presbyterian Church 2001 S. El Camino Real Oceanside, CA 92054 (760) 757-3560	9:00 - 10:00 AM		9:00 - 10:00 AM		
Poway Senior Center 13094 Civic Center Dr. Poway, Ca 92064 (858) 748-6094 Contact: Mary Supanchick Volunteer Services Manager	10:00-11:00 AM			10:00-11:00 AM	
San Marcos Senior Center 111 Richmar Ave. San Marcos, Ca 92069 (760) 744-5535	8:30-10:00AM	10:00-11:00 AM	8:30 - 10:00 AM	10:00 - 11:00 AM	8:30 - 10:00 AM
SENIOR CMTY CTRS OF SAN DIEGO 928 Broadway San Diego, CA 92101 (619) 235-6538	9:30-10:30 AM		9:30-10:30 AM		
SOLANA BEACH CMTY SENIOR CENTER @ Solana Beach Presbyterian Church 120 Stevens Avenue Solana Beach, CA 92075 (858) 509-2580 x1217	10:00-11:00 AM		10:00-11:00 AM		


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ST. CHARLES NUTRITION 945 18 th Street San Diego, CA 92154 (619) 423-0242	8:30 - 9:30 AM 10:00-11:00 AM		8:30 - 9:30 AM 10:00-11:00 AM		8:30 - 9:30 AM 10:00-11:00 AM
ST. JUDE'S 3751 Boston Avenue San Diego, CA 92113 (619) 264-4771		11:00 AM- 12:00PM		11:00 AM-12:00PM	
St. Stephan's Retirement Community 5625 Imperial Ave. San Diego, CA 92114 (619) 264-1997	2:00-3:00PM		2:00-3:00PM		
SUMMERCREST 2721 Plaza Boulevard National City, CA 91950 (619) 475-2080		9:30-10:30 AM		9:30-10:30 AM	
TOWNCENTRE MANOR 434 F Street Chula Vista, CA 91910 (619) 585-7338		1:00-1:30 PM		1:00-1:30 PM	
VETERAN'S PARK COMMUNITY CENTER 785 East Palomar Chula Vista, CA 91911 (619) 691-5260		2:00 - 2:30 PM		2:00 - 2:30 PM	

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VILLA SERENA 1231 Medical Center Dr. Chula Vista, CA 91911 (619) 934-8001	11:00-12:00 PM		11:00-12:00 PM		11:00-12:00 PM
VISTA SENIOR NUTRITION 1400 Vale Terrace Dr. Vista, CA 92083 Lisa Cariocella (760) 639-6160		9:45 - 10:30 AM 10:45 - 11:30AM		9:45 - 10:30 AM 10:45 - 11:30 AM	